

mountain matters

THE MOUNTAIN • HIGHLANDS CAMP AND CONFERENCE CENTER

FALL 1988



UNITARIAN UNIVERSALIST FALL CONVOCATION AT THE MOUNTAIN



Examine Your UU Values

Do you stammer and stutter when discussing your UU beliefs? Are you clear about what being a Unitarian Universalist means to you? Do you enjoy lively discussion, new ideas and even argument about your religion?

Convocation Week at The Mountain with some fine UU thinkers will provide clarity and stimulating thought. Why not get a few others from your church of fellowship and come on up to The Mountain.

Leaders John Burciaga, minister of the Unitarian Universalist Church of Clearwater, and Bill Hammond, Minister Emeritus of the Unitarian Universalist Church of Asheville, will present their ideas and lead discussions.

John's topic will center around "Living our Religious Values" with special attention to

October 30-November 6

the meaning of religion to UUs, UUs and gods, half-gods and no-gods; UUs and the Bible, prayer, religious language and relationship to other religious groups; spirituality in a humanistic religion, and more.

Bill's program will be a series of lectures/discussions based on "The Gospels and Christian Origins." This highly acclaimed group of lectures is basically a demonstration of how the liberal Bible scholars operate and a sharing of some of their conclusions.

Reserve your space now for the week of October 30-November 6. We'll add some hikes, fall colors, waterfall tours, music, stories and folk dancing. Cost for the week is \$275 per person. Contact us if you'd like to carpool with someone in your area.

Mountain Given Go-ahead on Waste Water Treatment

The State of North Carolina has approved plans submitted for The Mountain's waste water treatment system. The new system is an essential ingredient for both future operation of the existing camp and any new construction at The Mountain.

Contracts will be put out to bid this winter, and construction will begin as soon as weather permits in the spring, according to Ed Heath, director of facilities and business administration for The Mountain.

The system was designed by Rindt-McDuff Associates of Atlanta. It is unique in that it pipes off effluent from the current septic tank system to a sand filter chlorination system which will be added at the lower edge of the property near Abe's Creek. "We can then bypass existing absorption fields which were designed for a summer camp in the 1950's," said Heath. "The system is big enough to handle the fully implemented 2001 Plan."

Much of the pipeline for the system will go in alongside the existing road. "This is a benefit to people visiting The Mountain," explained Heath, "because along with installation of the pipe will go widening and repaving of the current road."

The cost of the new system is estimated at \$150,000. Funding for this project and other parts of the 2001 Plan is being considered by the Development Office at The Mountain.

**NEW!
MOUNTAIN
EXPLORER TOURS
SEE INSIDE FOR
DETAILS!**

The Mountain
Highlands Camp & Conference Center
841 Highway 106
Highlands, N.C. 28741

(704) 526-5838

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Director's Corner

by Dr. Gary Blaine



Last spring we mailed a survey to The Mountain's membership. We have received 364 responses, about a 35% response rate. would like to share with you what we have learned from you and how this information will impact The Mountain.

Recognizing that the facilities are quite old, most people were satisfied with housing. The winterization and duplexing of cabins received high praises. Everyone seemed to appreciate the privacy and comfort of these renovations. We have nearly completed this project, with cabin no. 3 to be renovated this winter. There was some concern expressed over cleanliness. We are now searching for a full time housekeeper.

People also appreciate the improvements we have been making in food service. The greater sophistication in menu planning and the resulting variety were recognized, as well as our efforts to improve the ambience with china (except in summer camp), candlelight, and goblets. We would like to complete the ceiling but we would need a contribution of about \$2,000, and refinish the floor, about \$3,500. Several people expressed a desire to improve the vegetarian alternative. We are seeking an assistant cook who has expertise in vegetarian food preparation.

The programs of The Mountain were generally applauded. The over all ranking of the most popular are (1) hiking, (2) wildflowers, (3) Whitewater rafting/canoeing, tied with world religions, (4) philosophy, (5) spirituality, (6) American Indians, (7) psychology, (8) literature, (9) swimming, (10) birding, (11) women's issues. We were interested in the relative low ranking of such activities as Kyaking (36th), child development (35th), rappelling (32nd), skiing (29th), and caving (27th). Perhaps this is reflective of the fact that our denomination is growing older (average age is 53), and not as inclined to "high adventure". The largest age group responding to the survey was the 45-60 group, with 132 responses.

Respondents suggested that The Mountain beef up its activities, specifically suggesting new and greater varieties of events. I have asked Anne Heath to rewrite our trip book, and I have instructed all of the adventure staff to scout out new trails and rivers. We are also writing into our programs field trips to such places as Cherokee and Cade's Cove. These have already proven successful.

Related to program concerns is evening entertainment. We are searching for new groups who offer us a variety of entertainment possibilities. By that I mean jazz, blue grass, folk, pop, and rock. I also mean other forms of entertainment such as theatre, mime, dance, et. al.. We would be happy to receive from you names of groups and individuals. We are of course already booking groups. "Windfall" entertained us at Labor Day, and will be back May 12-14th at The Mountain Renaissance Fair. Our weekend

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Marriage Enrichment Workshop and Instructor Training October 14-17

Maintaining an exciting and successful marriage with emotional closeness, sexual compatibility, good communication and fun is no easy task. This marriage enrichment workshop offers a road map to understanding intimate relationships, and specific skills to effect positive change.

The five stages that are dealt with in the course include self-reliance, romantic love, the power trap, emotional intimacy and mature love. Within those stages there are specific tasks and problem areas to be resolved in order to move through the stages successfully.

Other topics will include ingredients of a successful marriage, why marriages fail, how to make a long-term relationship work and rejuvenating the feelings of romance.

Professional therapists who wish to become certified instructors in the Marriage Enrichment-Growing Closer program will add 1 1/2 days of instructor training to the above course.

Dr. Lillibridge is a licensed psychologist and marriage and family counselor with 15 years of clinical experience. The author of three books, he has also published a set of 12 half-hour cassette tapes designed for marital enrichment which will be given to each participating couple, as well as his book, LOVE BOOK FOR COUPLES: BUILDING A SUCCESSFUL RELATIONSHIP. Those attending the instructor training will receive an 80 page instruction manual as well.

Total cost for the 2 1/2 day course is \$275/couple, \$127/single; total cost for instructor training is \$495/couple, \$365/single. You can register by calling 704-526-5838 and sending a \$75 deposit per person.

Senior High Weekend... Teens, Tunes and Talks October 21-23

If you've been hearing about MountainCamp and want to know more, Senior High Weekend is the time to find out. Senior high youth from around the district will get together to relax, revisit camp experiences, hike, challenge the initiatives course, dance, eat healthy food and generally experience The Mountain.

Cost for the weekend is \$52 per person. It's free for any adult counselor attending with five or more youth. You can register through your youth counselor, R.E. department or contact us for the name of sponsors who might be willing to let you join their group.

Wilderness Course Builds Confidence November 4-6

Hikers, hunters, boaters or fishermen - age 14 and above - have you ever wondered what would happen if you got lost in the woods?

Here's a chance to learn wilderness survival skills from an expert. You'll gain confidence in your outdoor abilities and have a lot of fun, too.

Tom Burkiewicz, director of New World South Expeditions, will teach this weekend course. Tom is a recreation instructor at the University of Georgia and has been leading trips since 1972. The weekend will include classwork at The Mountain, with field work in the surrounding Nantahala wilderness.

You'll gain knowledge of wilderness ethics, water sources, shelter techniques, fire building and safety, how to handle hypothermia, stress and other emergencies, animal tracking, use of wild edibles, land navigation, weather and climate conditions, search and rescue and simple first aid techniques.

The course is moderately strenuous and you'll need a sleeping bag and warm clothing. You will need to be at The Mountain for Friday dinner through Sunday dinner. Cost is \$157 per person.

Gay Men's Gathering November 18-20

This weekend is planned to allow Gay men of the Unitarian Universalist persuasion to relax and be themselves among their peers. The group will meet for supper on Friday night, and the weekend will include worship, exploration of UU principles that support self-identities and the celebration of the Gay sub-culture.

The program will be set at the first gathering, with content of the weekend being drawn from the resources of the men attending. Leader is Will Main, minister of the UU Fellowship of the New River Valley in Blacksburg, VA.

Team Building Course Offered at The Mountain December 5-8

If you'd like to know how to create a productive, cohesive church board, athletic team, task force, caucus, teaching team or other important group, this team building workshop is for you.

A productive, cohesive, spirited team doesn't just happen. Teamwork is a developmental process that grows through skilled leadership.

If you're in a position of team leadership, or would like to be, this two and a half day workshop will give you the tools to guide your group through the steps toward success. Use these skills in large and small groups in all arenas...religious, athletic, medical, educational, political or business.

Timothy A. Tahan, Ph.D. is the leader. He is a psychologist in practice in Tampa, Florida both in clinical and consulting areas. He will focus on how to understand the stages of group development, how to assess the current status of your group, how to manage conflict and the key steps in developing a cohesive team.

A Special Thanksgiving Weekend Is Planned for Life Members

One of the major benefits of life membership at The Mountain is a four day weekend every Thanksgiving just for life members. This year's activities were planned to ensure that our loyal benefactors will have a good time and experience all the warmth, joy and caring that they deserve.

The weekend will begin with a reception and social hour on Wednesday evening, followed by dinner and a cozy evening around the fire in the lodge.

Thanksgiving Day will include brunch, a feast to remember, complete with a parade of turkeys provided by our kitchen staff, with a stuffed bird for each table. The traditional meal will end with flaming mince meat pies with rum sauce. Dillman Sorrells, UU minister at Westside U.U. Church in Knoxville, will provide the Thanksgiving service. The evening will be filled with song and storytelling.

Friday's activities will include rock climbing and new trails hiking, turkey sandwiches and other delicacies, classes in gingerbread house and plum pudding making and more. Shelly Jackson Denham will give a concert Friday evening.

On Saturday, we will continue the gingerbread house and plum pudding making, and more outdoor activities. Saturday evening will bring a session with the finest bluegrass pickers in Western North Carolina, the traditional Mountain auction and a now-famous, "knock-your-socks-off" dance.

So, come on up, life members. Let us know if you have something wonderful to include in our auction. You'll also learn all about our coming 10th anniversary plans and how you can help with The Mountain's greatest celebration.

Development Corner



by Dean Zuch

MEMBER: one of the individuals composing a group.

Do you remember how you felt when you became a member of your church? How your interest changed from that of a visitor to an active participant?

It was more than just becoming a financial participant (although I'm sure your contribution was very important.) Somehow you felt closer, more in touch. A real part of the group.

I'm using this column to invite you to recreate those feelings by becoming an active member of The Mountain. I hope you will accept my invitation because The Mountain needs the help of interested people like you to remain healthy and continue to grow.

"Well, isn't membership just another way of asking for money," you might ask.

It's true that The Mountain needs your financial contributions. Participant's fees pay for the day-to-day expenses of running programs, but membership contributions make it possible for The Mountain to exist.

Each year The Mountain needs more than \$100,000 to repay principal and interest on debts and to make needed capital improvements such as new roofing, winterization and upgrading of building. In addition, The Mountain has an ambitious plan to grow and improve during the next 15 years that will require generous funding from people like you who have a real interest in this special place.

Yes, we need your financial support. Enclosed with this newsletter is a form asking you to "tower above the ordinary". It lists the various categories for membership: \$40 for individuals, \$80 for dual membership.

If you can contribute at higher levels we have several thank you gifts - a beautiful cloisonne pin at \$125; wonderful photo enlargements of vistas of The Mountain by Anne Heath for \$150 and \$200. For your convenience we accept Visa and MasterCard charges. And, of course, all contributions to The Mountain are tax deductible.

But there is more to Mountain membership than just another financial contribution. You really become part of the dream. You will feel closer, more interested in what's happening, wanting to come more often to be a part of the programs. You will help to shape the dream as you exercise your vote for at-large members of the Board of Trustees.

In short, you will experience that great feeling of truly belonging to a special group. Join us today.

Welcome!
LIFE MEMBERSHIPS

You may become a Life Member of The Mountain and receive special member benefits by contributing \$1600 in one year or \$2000 over a five year period (\$400 per year).

If you would like additional information about Life Membership, please check the box on the Tower Above the Ordinary form.

NEWMEMBERSNEWMEMBERSNEWMEMBERSN

It is with the greatest appreciation and warmest welcome that The Mountain announces its most recent new members. Since nearly all our support comes from operations, memberships and donations, we are especially grateful to those who wish to become a part of The Mountain family.

Life Members

- Thomas and Jane Warth
- Bruce and Jean Larson
- Dave King
- Melanie Morel Sullivan
- Stephen Sullivan
- Matt Graves
- Erin Graves
- Sara Hertwig
- Charles Hertwig
- Paul Knight and Simone Rosa
- Shirley Curtis

Annual Members

- R. William Thomas
- Michael and Gretchen Ezell
- Arthur and Myner Harris
- Curt Leben
- Robert Kerzman
- Katherine Crum
- Chris Purcell
- David Sweat
- Barbara Moore
- Cynthia Strain
- Elizabeth Hardner
- Natalia Taylor
- Mary Dawson
- Suzanne Kroll
- Paul Sternglanz
- Helene Sternglanz
- Melissa Johnson
- Robert Johnson

Thank You!

REGISTRATION FORM

Program (if applicable) _____

Name _____ Youth _____ age _____ sex _____

Address _____ age _____ sex _____

City _____ State _____ Zip _____ age _____ sex _____

Phone _____ age _____ sex _____

Date arriving _____ First meal (B-L-D)

Date departing _____ Last meal (B-L-D)

Rooming Request: (give 1st, 2nd and 3rd choices)

Category I _____ Category II _____ Category III _____

winterized semi-private/pr. \$15/adult/night
winterized shared \$15/adult/night
unwinterized semi-private/shared \$11/adult/night

Are you a life member of The Mountain? Yes _____ No _____

Roommate preference(s) _____

Special dietary needs: _____

vegetarian? _____ chicken/turkey? _____ fish? _____

Other needs (include physical or medical) _____

Food contribution: \$10/13 & under, \$12/30-42, \$8/50-62, \$10/63-72

Your total cost is based on Room plus Board plus Program Fee if applicable.

Deposit Required: \$200 (refund on weekend or drop-in visits \$75 refund on weekday visits)

Enclosed is my check for \$40 for Annual Membership

Please send me information about Life Membership

METHOD OF PAYMENT: _____ check _____ Visa _____ MasterCard _____

Total amount _____

Credit Card Number: _____

Expiration Date (month and year): _____

Signature _____

INTRODUCING...

MOUNTAIN EXPLORER TOURS

The Mountain announces an exciting new venture Mountain Explorer Tours

These Mountain-sponsored tours are designed to allow you to enjoy the company of Unitarian Universalists and other inquisitive friends of The Mountain while expanding the borders of your knowledge and experience.

Some tours will stretch you physically as you challenge the rapids of a Costa Rican river or climb a rugged rock face in the Tetons.

Others will allow you to relax with UU friends, explore Caribbean islands, stand watch and hoist sails on a barefoot cruise.

Some tours allow you to learn about the wonderful variety of nature traveling in reliable, comfortable coaches as you follow the blooms along the Blue Ridge Parkway, appreciate the brilliance of the leaves of New England and Nova Scotia, marvel at the beauty of the Pacific Northwest.

All Mountain Explorer Tours visit cultural and historical points of interest along the way. In all cases, The Mountain has commissioned an experienced tour guide company or credentialed individuals to plan, organize and carry out the trip. A Mountain representative will be along.

If you think you have "done" The Mountain, think again. You'll find Mountain Explorer Tours a stimulating new way to recapture the great times and friendships you've had at The Mountain. Call today at (704) 526-4505, or fill out and send the coupon below to get more information.

December 31-January 8 The Best of Costa Rica

Enjoy whitewater rafting, kayaking or canoeing on tropical rivers; visit active volcanoes; snorkel off sunny beaches; study the natural history of cloud and rain forest and mountain canyons (including bird and butterfly watching); enjoy sumptuous meals of fresh vegetables and tropical fruits; shop for bargains in beautiful San Jose. This Costa Rican trip is an extraordinary adventure at the perfect time of year.

Mountain Explorer Tours has teamed up with New World South Expeditions to provide this adventure. Tom Burklewicz and his professional Costa Rican guides and naturalists will help you explore this tropical paradise. Whitewater equipment is provided, or bring your own if you like.

The trip is limited to 18 people, aged 16 and above, and is moderately strenuous. Cost is \$1200 including round trip airfare from Miami to San Jose and all lodging and meals, fees, etc. Reservations must be made before November 1, 1988, with final payment due by November 15. Passport is required.

Call (704) 526-4505 for more information, or send a \$400 payment to reserve your space.



June Sailing Holiday in the Bahamas

Join Captains Gene Baird and Thea Buschell, Mountain staffer Carol Graves and about 15 other Mountain friends for one of the most relaxing and interesting sailing trips available. Gene and Thea have been chartering trips in the Bahamian waters for ten years. They know the natives, the waters and the uninhabited islands and will let us design our own trip.

This is a relatively inexpensive, do-it-yourself experience. Cooking meals, hoisting sails, standing watch, and swabbing the deck are combined with some of the best snorkeling in the world, beach and island exploration, navigation lessons and sleeping under the stars on deck (or in a berth below if you prefer).



July 1-15 Teton Adventure for Youth

A Western adventure trip with UU youth - a great graduation present or exciting follow-up to Senior High Camp. This trip will be for youth age 15 and above. It will include backpacking, rafting, camping, rock climbing and visiting the more interesting places in the great American West. Included in the tour will be Jackson Hole, Snake River rafting, Wind River Range Hiking, Salt Lake City, Bryce Canyon, Zion National Park, Grand Canyon, Painted Desert, Petrified Forest, Yellowstone and more. After a brief team-building session, trip participants will fly to Jackson Hole where the trip begins. Return will be by deluxe motorcoach.

Yes, I'm interested in Mountain Explorer Tours! Please send me more information about the following tours:

- ☐ The Best of Costa Rica
- ☐ June Sailing Holiday
- ☐ Teton Adventure for Youth
- ☐ Explore the Pacific Northwest
- ☐ Follow the Blooms
- ☐ Country Inn Nova Scotia and New England

Name _____ Phone () _____

Address _____

City _____ State _____ Zipcode _____



Thankyou Thankyou Thankyou Thankyou Thankyou Thankyou

A very special and heartfelt thank you to volunteers who have helped out at The Mountain. They jumped in where they saw a need to help staff - from washing dishes to data entry, carpentry, cleaning cabins and making curtains. We all appreciate the extra help.

Bud Evans
Margaret Evans
Justin Giacoletti
Pat Nagy
Dr. Sally Kochendofer
Maria Johnson
Allie Gooding
Matt Gooding
Hank Raichle
Joe Usatine
Paula Heusinkveld

WANT ADS

We need you on our team.

Assistant Cook

If kitchen work is a great joy in your life and you have interest and experience making fantastic vegetarian dishes, perhaps you would be a valuable asset to The Mountain's kitchen staff. Chef Richard Arends needs an assistant who is a good "team" person and who likes living in the beautiful Blue Ridge mountains. Send resume or call Dr. Gary Blaine at (704) 526-5838.

Housekeeper

Would you like to live and work in one of the most beautiful places in the Southeast? Do you just love to see things spotless, coordinate cleaning supplies, make sure the sheets are tucked in properly and that everything is in proper order? If so, The Mountain needs you! There is a housekeeper position open for a mature person who would enjoy being a part of The Mountain's supportive staff community. Send resume or call Dr. Gary Blaine at (704) 526-5838.

Kitchen Assistant

Full time person needed to assist food service director. Must be at least 18. Responsibilities include food preparation and serving, cleaning and care of kitchen and equipment and dining room. Send resume or call Dr. Gary Blaine at 704-526-5838.

Maintenance Assistant

Full time person needed to assist with maintenance work at The Mountain. Must be strong, healthy and willing to do all kinds of chores related to camp upkeep. Send resume or call Dr. Gary Blaine at 704-526-5838.



TRAVEL BY COACH WITH FRIENDS FROM THE MOUNTAIN

Explore The Pacific Northwest in June

Spectacular views of the Cascade and Olympic Mountains. Sparkling waters of Puget Sound. Lush beauty of the natural vegetation in the Pacific Northwest.

All these await you as you travel by coach, making the loop of the Olympic peninsula. You'll see the Pacific Ocean as it crashes against the rocky shore of Washington State. You'll investigate the secrets of the tidal pools, walk among the towering Douglas Fir in the Rain Forest of the Hoh River. View the glorious wild flowers high above Port Angeles on Hurricane Ridge as you marvel at the sweep of the Olympic Mountains before you.

A ferry trip will take you to the Victoria, British Columbia, Canada. In addition to many wonderful shops, this quaint Old England city also is home to the fine Provincial Museum, the Houses of the B.C. Parliament and the wonderful Burchart Gardens.

Returning to the U.S., you will enjoy touring restored Victorian mansions in Port Townsend. You'll see the sights of the modern city of Seattle, including the University of Washington Arboretum, the Seattle Center and an authentic salmon dinner complete with Native American dances. A trip to Mount Rainier National Park may be included.



Country Inn Nova Scotia/New England 14 day tour in late September

Fly to Hartford, CT and meet a deluxe motorcoach for an adventure with energetic, inquisitive friends. Stay in picturesque country inns along the way. Enjoy the exquisite fall color of the New England countryside, and visit some of the nation's most fascinating historical sights. Highlights include: Mystic Seaport, Newport, RI, Boston, USS Constitution, Paul Revere House, Burlington VT, Lake Champlain, New Hampshire, Mt. Washington, Kennebunkport Maine, Nova Scotia, Halifax, New Glasgow, Peggy's Cove, Cape Breton Highlands National Park, Cabot Trail and more. Return flight from Hartford on departure day.



Follow-the-Blooms From the Smokies to the Shenandoah Valley 10 day tour in April/May

Travel with delightful people from the Great Smoky Mountains National park to the Shenandoah Valley on America's most scenic drive, the Blue Ridge Parkway. Enjoy the spring blooms in this "sanctuary of high places". Get in touch with the mountain culture and history of the fabulous Blue Ridge Mountains. Highlights along the way will include: Great Smoky Mountains National Park, Cherokee, Asheville's Biltmore House, Folk Art Center, Linville, NC, Blowing Rock NC, Boone NC, Roanoke VA, Natural Bridge VA, Monticello, Shenandoah National Park, Skyline Drive and more!

The Mountain Recognized as Elderhostel Supersite

The Mountain has been recognized nationally as an Elderhostel Supersite for 1988. The supersite status is given to locations offering more than 20 weeks of programming for the international education institution for people 60 years or older.

The Mountain's location in the Blue Ridge Mountains near Highlands, the use of outdoor classrooms, and a variety of popular classes have added to its appeal to Elderhostel participants. During 1988 there are 741 Elderhostel guests, a 10 percent increase over 1987's registration.

"Oulicimers, banjos, daisies and lichen all play a big part in our seventh year of programming," says Anne Heath, director of the Elderhostel program for The Mountain. "Some of our most popular courses include Appalachian dancing, folklore and folklinging and a variety of Western North Carolina natural history studies."

"We still have room in our October Elderhostel programs," she explains. "If you would like to join us, give us a call at The Mountain and we will put you in touch with Elderhostel's Boston registration office."

Mountain Staffers Share Christmas Wish List

Just in case you have been wondering what The Mountain needs are for a special Christmas present, we interviewed various staff members so you would have a choice of items. Who knows, maybe you have one of these items residing in your home or office, just waiting to be donated to a worthy cause.

Gary Blaine would like a Maytag commercial washer and dryer for staff use, a new copier (anyone who has served as a volunteer in the office knows why), and a new ceiling in the dining hall.

Karla Blaine, office manager, would like a new copier, too, and a new or used filing cabinet.

Zafer Deeb requests sheets, blankets, blankets and more blankets. So do the two staff members from Miami!

Richard Arends, food service director, asks for the following items or even money to buy the following items: 12 two-inch full size steam table pans @ \$25 each; 18 (18"x26") sheet pans @ \$28 each; 24 ten-inch pie tins @ \$2.84 each (with a promise of a pecan pie as a thank you); a 12 quart plastic or glass punch bowl and ladle; five full size chafing dishes @ \$123 each; a sheet pan dolly @ \$107; a speed cart @ \$188; double boiler (11 quart insert, 12 quart pot and cover) @ \$109; ten portion scoops in varying sizes @ \$12.10 each.

Dean Zuch would like at least 50 new patron members before January 1.

Carol Graves would like a Macintosh with desk top publishing capabilities and a laser printer (training included, please!), a new or slightly used portable display board for Louis's traveling outreach programs, and at least 50 new life members for The Mountain before January 1.

Sally Bellamy would like some new, sturdy popcorn poppers and some attractive bowls for serving the popcorn.

Ed Heath would like a brand new 25-passenger bus - any color will do.

A Mountain Story to Share

by Carol Graves

The following is an article that is intended to stimulate others to write about their experiences at The Mountain. I believe our stories need to be told so that others will recognize how important The Mountain is to UU's. Please, if you have a "story" that you would like to share about how The Mountain affected you, call me at (704) 526-4555.

When my teenagers and I moved to Highlands in May I didn't know what to expect. To be honest, we had the worst year of our lives in Atlanta - we had problems that I never thought would happen to our family. But they did, and I was ready for a big change.

I had no idea how it would work. All I knew was that The Mountain has been a second home for us, that I had some skills that would fit well with The Mountain's needs and that Gary Blaine invited us to be a part of The Mountain's staff. I sold my house, my furniture, my city clothes and became committed to life in the mountains. Matt and Erin came along willingly - their years of summer camp and the many friends here had paved the way.

I'd like to share some observations and a few of the feelings I've had since we arrived. It's important to me because I think these life-changing experiences that The Mountain provides need to be shared.

First, we learned immediately that we were in a safe place. There is structure here that allows people to grow and have fun within clear boundaries.

I watched the youth camp staff and counselors deal with the problem that many of the senior high campers admitted they were having at home - drug use. They helped the youth recognize the need for action by organizing evening Narcotics Anonymous meetings for those who wished to attend. I saw two of our young friends from Atlanta and many others relax, listen and go home with some new tools for dealing with their problem.

My interaction with the Ascenders proved to be one of the most rewarding experiences I've ever had. I watched as Katherine and Jason guided their nine 15 and 16 year old "friends." I saw them mature as they worked their eight or so hours a day, played on the rivers together, learned to settle disputes and to care tremendously for each other and The Mountain. Matt completed the Ascender program and got his senior live saving certificate.

Erin took part in the Work-Adventure camp led by Andy and Natalia. They hiked, canoed, camped and rock-climbed for a week, then helped build a covered pavilion at the base of The Mountain during the second week. The result for Erin was a sense of confidence that led her to purchase her own 200 foot length of rock-climbing rope and a strong desire to lead groups when she has more training and experience.

For me - every morning as I drive the four miles from our cabin on Mirror Lake to The Mountain I say my UU prayer of thanks. The air is clean. I've made hundreds of new friends. I get to watch people catch the spirit of The Mountain as they learn and play together. I climb the tower and observe the most beautiful sunrises and sunsets. I look out my office window and see three states. And my professional ideas and energy are valued.

My patron membership is worth every penny. It allows all three of us to have life memberships, but most of all it's a commitment to helping ensure that The Mountain will be here for people like us in the future.

New Maintenance Staff Spruces Up Facilities

After spending five weeks as a volunteer at The Mountain, **Zafer Deeb** decided to come back to manage the maintenance department. Zafer is well qualified with a Bachelor of Arts Degree in mechanical engineering and a Master's Degree in technical education and training. He came from Toledo, Ohio where he worked in the human resources field.

"These mountains have always held a great attraction for me," he said. "The idea of having a year-round UU camp here needs my support, so I came here to see The Mountain's 2001 Plan through." What does he see as The Mountain's biggest maintenance need? "People to work here who have a good attitude - a willingness to do whatever needs to be done, and on the spur of the moment."

Watch your next newsletter for information about a Dream Work workshop with Jeremy Taylor at The Mountain in March!



If You're From Florida, Call Me!

Hi, I'm Louis Bregger. I'm conducting a Mountain Outreach program in Florida in January and February '89. I'd like to come to your fellowship or church to give a worship service, potluck or special evening program about The Mountain.

I'd like to share the beauty of The Mountain and surrounding area through words, music and our "Mountain Magic" video. I can tell you all about our summer youth program and our year-round programming for adults and families. I can give you information about why guests keep coming back to The Mountain.

All you have to do is give me a call at (704) 526-5838, or write c/o The Mountain so we can arrange a date for me to visit your group. All I need is a friendly place to plug in my VW camper. I'll look forward to hearing from you!

Chef Arends Hit the Ground Running



He's 6'6" and a bit overweight (as a good cook should be), so "running" isn't that easy. But Richard Arends began his position as Director of Food Service at The Mountain at the height of summer camp, and run, he did.

Richard, who was catering director at First Unitarian Universalist Church of Detroit for the past 5 years, applied for a youth camp cook position. "By the time I got around to interviewing, the Directorship was available, and I was delighted to accept," he said.

Richard has held positions as Sous Chef and Banquet Chef for the Westin Hotel in Detroit where he prepared food for between 25 and 2500 people. "My goal here at The Mountain is to train a professional culinary staff that can work with our kitchen workers to provide the best food possible for our guests," he said.

Another goal is to computerize menus, recipes and inventory in order to streamline kitchen operations. "It'll make it easy to put together a Mountain cookbook, too," he explained. "We'll also cover the windows and doors to the kitchen so that the dining room can be used for meeting space."

The dining room already looks different. Richard has rearranged and created a buffet down the center of the room so that lines move faster and more efficiently. Guests at social hour recently caught a glimpse of Richard's sense of humor - a green frog ice carving stared down at the hors d'oeuvre tray.

Director's Corner

continued.

dances have been improved by Barbara Bowles, who is collecting music and engaging live bands. She has also done a great job decorating the lounge and rec. hall.

I have named Louis Bregger as Program Director, and he has been charged with providing greater flexibility and variety to all of these program needs. Louis's experience as S.U.U.S.I. director will prove to be invaluable to us.

Improving programs will mean that we pay closer attention to program costs and charges. We anticipate an increase in these, but the feedback we have been given is that our guests are willing to pay more for higher quality.

The staff at The Mountain wants to be responsive to the needs of our guests. Thank you for taking the time to respond to the survey.

Love and Peace.

Gary

Richard's favorite recipe is chocolate mousse, which he has promised to make as soon as he can locate eight pounds of unsweetened chocolate. Until then, this recipe for Breast of Chicken Acker (named for friends in Detroit) is his recipe to share.

★★★★★

Breast of Chicken Acker

8 skinless, boneless half chicken breasts
1 - 10 oz. pkg. frozen spinach,
Or, 1½ pounds fresh spinach, washed
1 - 12 oz. pkg. ricotta cheese
1½ cup chopped pistachio nuts
½ teaspoon nutmeg
Salt and pepper
*roux made with chicken fat
1 quart chicken stock or canned chicken
broth
½ - 1 cup heavy cream

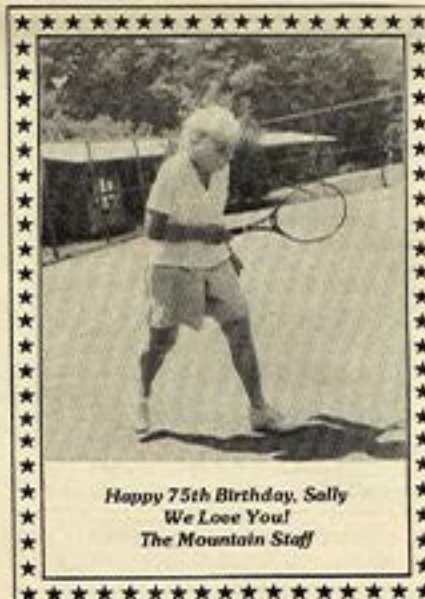
Grind spinach and mix with ricotta, nutmeg, nutmeats; season with fresh ground pepper and salt to taste.

Stuff each chicken breast with a tablespoon of spinach mixture and roll or fold breast around stuffing. Place on greased baking sheet and bake for 15-20 minutes at 350 degrees.

Heat stock to simmering and thicken with 2-3 tablespoons of chicken roux. When thick enough, finish with heavy cream and keep warm.

Place chicken breasts on platter or individual plate; spoon sauce over top and sprinkle with pistachio nuts.

*Roux is made by melting 4T of butter in a skillet until it is bubbly and adding 8-12 tablespoons of flour, stirring with a whisk until it is combined. Cook until it changes color slightly and bubbles around edge. Remove from heat and cool. May be stored in a covered jar for future use.



Happy 75th Birthday, Sally
We Love You!
The Mountain Staff

May 3-5, 1989 Womenspirit Institute
May 5-7, 1989 Womenspirit
Gathering
At The Mountain...put it on your
calendar!

Meet The Mountain Staff

The Mountain has several new kitchen staffers. You'll see them working hard in the kitchen and entering into the fun when you come up, so help us welcome them.



Mark Benson, 20, better known as just "Benson" has seniority on the kitchen staff. He came to The Mountain in May from Morristown, TN. Benson might be seen on his day off with braids flying, taking mountain curves on his motorcycle. What does he like about working at The Mountain? "People think here - they're open minded and like to talk about interesting things." Benson especially likes it when guests compliment the kitchen staff if the meals are good. "The work is hard in here, and it feels good to get some recognition," he said.



David Finkelstein, also 20, arrived at The Mountain at the end of the summer from South Miami where he worked as a caterer. "It's really great to be among UU friends and in a safe environment," he said. "The water is pure and the air is clean. That's worth a lot. This place can come a lot of good." Mountain nights in early September are chilly, however, and David has his stash of warm blankets ready.

Erin Graves is a new part-time kitchen assistant. She's a sophomore at Highlands School, and fills in when needed in the dining hall and kitchen. She loves it when her senior high camp friends come to The Mountain for weekends, and is interested in knowing anyone who climbs on rocks.

★★★★★★★★★★★★★★★★

Who do you contact at The Mountain

Executive Director - Dr. Gary Blaine
Director of Development - Dean Zuch
Reservations/Office - Karla Blaine
Facilities & Business Administration
Ed Heath
Food Service - Richard Arends
Newsletter/Public Relations - Carol Graves
Elderhostel - Anne Heath
Summer Camps - Pam Phelps
Programming - Louis Bregger
Board of Trustees President - Walt Pirie

★★★★★★★★★★★★★★★★

SUMMER CAMP MEMORIES --- SEE YOU NEXT YEAR!



Coloring

Coloring
outside the lines
is scary business.
Some days
I don't have the courage for it
at all.

On my big, bold days, though,
I let my red crayon
just streak across a line.
Then I swirl
my purple and orange
out there with it
in perfect freedom -
no lines.

Coloring
outside the lines
is lonely, too.
I'm the only one
who doesn't get
a gold star on my paper.
The teacher frowns.
The kids
call me weird
or dumb
or retarded.

Why don't they see
that I'm not behind them -
I'm out in front
running free
outside the lines.

It would be nice
to have a friend
who colored outside the lines
sometimes, too -
Would you?

